



# MARCH 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<sup>1</sup> Lemon Pepper Fish Fillet Brown Rice Broccoli Glazed Carrots Fruit & Milk	<sup>2</sup> Mexican Chicken Salad 5 Way Vegetable Blend Popped Corn Chips Fruit & Milk	<sup>3</sup> Shepherd's Pie w/ Ground Beef 5 Way Vegetable Blend Mashed Potatoes Corn Muffin Fruit & Milk	<sup>4</sup> Chicken Alfredo Broccoli Diced Carrots Fruit & Milk	<sup>5</sup> Breaded Pork Chop w/ Creamy Mustard Sauce Brown Rice Peas & Carrots Fruit & Milk
<sup>8</sup> <b>NEW!</b> Cheeseburger on Wheat Bun Potato Wedges 5 Way Vegetable Blend Fruit & Milk	<sup>9</sup> Pinto Bean Salad w/ Creamy Cilantro Lime Dressing Corn & Peppers Popped Corn Chips Fruit & Milk	<sup>10</sup> Beef Meat Loaf w/ Gravy Mashed Potatoes Green Beans Dinner Roll Fruit & Milk	<sup>11</sup> Swedish Meatballs over pasta Carrots Green beans Fruit & Milk	<sup>12</sup> Breaded Fish Potato Wedges Broccoli Corn Muffin Fruit & Milk
<sup>15</sup> Pork Carnitas Brown Rice Black Beans Pepper & Onions Fruit & Milk	<sup>16</sup> Asian Chicken Pasta Salad Edamame Beans Cherry Tomatoes Fruit & Milk	<sup>17</sup> Turkey Burger on Wheat Bun Potato Wedges Peas & Carrots Fruit & Milk	<sup>18</sup> BBQ Beef Meatballs Corn & Broccoli Poptillas Chips Fruit & Milk	<sup>19</sup> Chicken Fillet w/ French Onion Sauce Mashed Potatoes Green Beans Dinner Roll Fruit & Milk
<sup>22</sup> Beef Taco Fiesta Bowl Brown Rice Black Beans Corn Fruit & Milk	<sup>23</sup> <b>NEW!</b> Mediterranean Turmeric Chicken Broccoli Cherry Tomatoes Fruit & Milk	<sup>24</sup> Chicken Cacciatore with vegetables over pasta Fruit & Milk	<sup>25</sup> Sweet & Sour Hawaiian Chicken Red Peppers & Carrots Fruit & Milk	<sup>26</sup> Wet Chicken Burrito Green Salsa Pinto Beans Corn Fruit & Milk
<sup>29</sup> Deli Chicken Provolone Cheese Sandwich Coleslaw salad \$ cucumber slices Fruit & Milk	<sup>30</sup> Hawaiian Chicken Brown Rice Red Peppers & Carrots Fruit & Milk	<sup>31</sup> Caribbean Chicken Strips Southern Rice California Vegetable Blend Corn Muffin Milk	<b>SOUTH PASADENA SENIOR CENTER</b> 1102 Oxley Street (626) 403-7360  Five or seven day frozen meals available for weekly deliveries on Monday. <b>COST: \$3.00 per meal</b>	